Additional File 1. Secondary outcomes: PDQ-39

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| **PDQ-39**[0-100] | **Medido** | **Control** | **Effect****M - C** | **P-value of****Difference scores +** |
| **BL (n=36)** | **3 months (n=24)** | **6 months (n=29)** | **ΔBL-6****months** | **BL (n=51)** | **3 months (n=36)** | **6 months (n=45)** | **ΔBL-6 months** | **Effect** **(95%CI)** |  |
| **Total**  | 40.2(2.6) | 42.2(2.8) | 44.4(2.9) | **4.1**(1.7) | 30.2(2.2) | 34.8(2.3) | 33.3(2.4) | **3.1**(2.2) | **1.0**(-3.3; 5.3) | **0.010** |
| Mobility  | 50.6(4.1) | 48.7(4.5) | 50.5(4.5) | **0.1**(2.8) | 37.4(3.4) | 42.1(3.8) | 39.9(3.7) | **2.4**(3.6) | **-2.6**(-9.8;4.6) | **0.137** |
| ADL  | 53.1(4.0) | 51.7(4.4) | 53.4(4.2) | **0.3**(2.4) | 36.4(3.4) | 40.9(3.6) | 41.0(3.5) | **4.6**(3.14) | **-4.8**(-11.0; 1.5) | **0.542** |
| Emotional wellbeing  | 30.7(3.0) | 37.0(3.7) | 40.2(3.5) | **9.5**(2.6) | 23.5(2.6) | 31.3(3.1) | 29.5(2.9) | **6.0**(3.4) | **3.5**(-3.2;10.2) | **0.075** |
| Stigma\* | 12.5(0.0;34.4) | 21.9(0.0;39.1) | 25.0(10.9;43.8) | **12.5** | 12.5(0.0;20.3) | 12.5(4.7;26.6) | 12.5(0.0;25.0) | **0** | **12.5** | **0.125** |
|  |
| Social support\* | 8.30.0;45.8 | 16.76.3;41.7 | 16.78.3;41.7 | **8.3** | 8.30.0;27.1 | 25.08.3;41.7 | 25.00.0;33.3 | **16.7** | **-8.3** | **0.261** |
|  |
| Cognition  | 41.5(3.2) | 43.5(3.4) | 44.7(3.2) | **3.2**(2.1) | 29.8(2.7) | 34.6(2.9) | 34.4(2.6) | **4.6**(2.7) | **-1.4**(-6.8; 4.1) | **0.431** |
| Communication  | 36.6(3.3) | 38.6(3.3) | 38.6(3.3) | **2.0**(3.0) | 28.1(2.8) | 28.0(2.7) | 28.3(2.7) | **0.2**(3.9) | **1.7**(-6.1; 9.6) | **0.854** |
| Physical wellbeing  | 43.1(3.8) | 48.0(3.8) | 49.9(3.8) | **6.8**(3.7) | 38.2(3.2) | 41.5(3.1) | 39.9(3.1) | **1.9**(4.7) | **5.1**(-4.3; 14.6) | **0.449** |
| Table A1. Outcome PDQ-39 questionnaire data. Analysed by ‘Repeated measurement analysis’. Scores presented as means (SE). BL: baseline score, ΔBL-3mnd: difference between 3 months follow-up (FU) and baseline ΔBL-6mnd: difference between 6 months follow-up (FU) and baseline. Effect: difference ΔBL-6mnd intervention – ΔBL-6 months control. Lower score represents better outcome.\* Analysed by Mann-Whitney-U test. Scores presented as median (25-75 percentiles). Effect BL-6mnd: difference ΔBL-6mnd intervention – ΔBL-6mnd Control with p-value. + p-value based on ‘group x time analysis of difference score between BL and FU, except *stigma* and *social support.* |  |